



MID-FLORIDA CHEER RULES & SAFETY GUIDELINES

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The Executive Board reserves the right to modify this document when deemed necessary.

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General Rules

1. All cheer teams will follow the age division of M.F.F.C.C. Football age requirements.
2. Cheer teams must also follow all M.F.F.C.C. Conference Rules.
3. League Cheer Coordinators or a cheer representative is required to attend M.F.F.C.C.'s monthly conference meetings. Coordinators are also required to be present for any scheduled zoom calls and should be attentive to their GroupMe chat to ensure all updates are received and relayed.
4. **A \$50.00 'NO SHOW' fee is assessed for unrepresented teams at the monthly Conference meetings.**
5. All athletes **must** have a minimum of 6 games that they are to be marked present for to be eligible to compete in the M.F.F.C.C Cheer-Off.
6. **Coaches:** Head Coaches and Assistant Coaches must be 18 years or older. Teams will consist of one head coach, the maximum of two assistant coaches and the maximum of two junior coaches.

**Junior Coach:* An ineligible minor between the ages of 15 and 17 with a cheer background that is deemed beneficial to the development of the team.

Junior coaches should always be paired with head coach and/or an assistant coach when giving instruction. A certified Team Mom or Dad can monitor the team with the junior coach if the head coach or assistant coach is unavailable. Activities should be limited to stretching, motions, jumps and any warm-up exercises that do not require stunting or tumbling. **Due to their age; junior assistants are exempt from background checks.**

7. Head Coaches, Assistant Coaches, and any staff 18 or older that will hands-on with program participants are required to be certified through the Cheer Certification company approved by the Executive Board.

Active Company: MFFCC Cheer Certification 2024

8. **Dress Code:** All coaching staff members are required to wear their league's coaching apparel at every game and M.F.F.C.C event they participate in. The Executive Board requires all leagues to use proper judgement when selecting the style and verbiage for team uniforms. The Executive Board reserves the right to suspend coaches who do not adhere to the following:

- **Abdomen must be covered**
- **No excessive cleavage**
- **No offensive verbiage or profanity should be printed on coaching apparel**
- **Sleeveless shirts should not reveal undergarments or inappropriate body parts**
- **Bottoms should be no shorter than the upper mid-thigh area and must cover the entire buttocks**
- **Mesh or see-through bottoms are only permissible if appropriate garments are worn underneath. UNDERGARMENTS ARE DEEMED INAPPROPRIATE.**

9. Coaches should recognize a squad's ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talent, overall, and individuals should not be pressed to perform activities until safely perfected.
10. **Practice:** The first two weeks of practice are reserved for conditioning only
 - No Stunting
 - Only Tumbling Drills (If tumbler has not mastered skill on their own, spotting cannot take place until the third week.)
11. **I.D. Manuals:** All Books must be onsite at every practice, game, and event. League Magic should be accessible.

Book Certification via League Magic

Appointed District Cheer VPs will coordinate book certification sessions. The location will be up to the VP's discretion but will be within a 2-hour commutable distance from the team's registered city. If the initial book certification session is missed or all athletes are unable to be certified, it is the organizations responsibility to schedule a make-up session with their VP. The VP, then, reserves the right to set a location and time outside the 2-hour commuting distance if needed.

1. Book Certification is to be completed prior to Jamboree unless the Executive Board has made an exception for a later date. *Exceptions will be communicated via email to the organization's President.*
2. Cheer Books remain open until the 5th game regardless of squad size.
3. ID manuals should be arranged in the following order:
 - a) Team Roster (10 to 15 copies per book)
 - b) Copy of all coaches' certifications as of 2024
 - c) Conference General Rules
 - d) Cheer Rules and Safety Guidelines
 - e) League proof of insurance

Each athlete is required to have the following documents:

- a. Player Identification/Medical Release form (notarized)
- b. Copy of Birth Certificate (date of birth highlighted – preferred, but not required)
- c. Copy of physical (date of physical highlighted – preferred, but not required)
- d. **Seniors Only: Prior school year report card or Online school portal print out**

Either document must display the following:

- Athlete Name
- School Name
- Grade Completed or Grade Entering
- School Year

**Additional information may be required*

Determining Divisions for Certification

Once an athlete is certified, they are unable to compete on a different level than what reflects on the seal. Coordinators/Coaches must abide by the age grouping rules along with the overall M.F.F.C.C. age division requirements. Whatever decision is made during book certification is applicable for sideline cheer and competition.

Traditional M.F.F.C.C. Levels

Mascots (3 years old): Two (2) mascots are allowed per league and can only be registered in the Flag Division.

Flag: 4 – 6

Mitey Mite: 7 & 8

Pee Wee: 9 & 10

Junior: 11 & 12

Senior: 13 – 15*

15-YEAR-OLD CLAUSE: If the athlete's DOB is prior to 1/1 of the current year they are ineligible to participate. Athlete cannot turn 16 any time during the year.

Highschool Cheer Clause: 9th graders who have met the following condition(s) are eligible to participate. No grade beyond 9th.

- Does not cheer on Highschool Team

***Athletes cannot cheer for more than one youth league.**

Age Grouping/Combining Squads

1. Eligible athletes can move up one (1) **age** level if applicable.

Rule clarification: Ages, 6, 8, 10, and 12 can be moved up.

This does not require Executive Board approval if the adjustment does not interfere with the level still existing. *See clarification rule 3 below.*

2. Athletes cannot cheer/compete on a lower age level.

3. In order for multiple athletes to be moved up, the level must still exist.

Rule clarification: The decision to increase squad size cannot result in a level being fully depleted. At least 1 (one) athlete must compete at the eligible level from which athletes are being moved from.

4. **Exceptions Request:** Two divisions cannot be combined into one (1) team without approval from the Vice President of Cheer. The below process will be followed for said approval along with any other exceptions requested:

- Organization's Cheer coordinator should email their appointed district cheer VP explaining need to combine/need for exception
- Upon review, the district VP reserves the right to deny the request if it does not fall within the exceptions allowed. The Vice President of Cheer will be copied on the denial, so they have a line of sight to the decision
- If the reason meets the exception criteria, it will be sent to the Vice President of Cheer for review and final approval.

Game Day Rules

1. All athletes will be required to participate in a minimum of six (6) M.F.F.C.C. games in which they are to be fully dressed out in a uniform shell top and uniform bottom no later than the 2nd game.
2. **Forfeit Fees:** Cheer teams will be required to participate in all regular season and play-off games hosted under the Conference governance as well as the Super Bowl. Any team that fails to attend a scheduled game, without an approved absence will result in an automatic forfeit fee of \$150.00 for that team.
3. All Cheer teams are required to check in with their I.D. Manuals at the beginning of the 4th quarter of the game prior. If discussed and agreed upon prior to the start of the first game, book-check can be completed during half-time. **The Cheer Coordinator, President, Vice President and Commissioner are the only parties that can complete book check.**
4. The *home* Cheer Coordinator or a designated and certified representative is required to be at all home games. The home Cheer Coordinator is responsible for making sure the ten-minute half time is provided. To include: Welcome cheers from both teams and combined MFFCC Unity cheer.
5. If there are no cheerleaders for a particular division, this should be reported to the District VP of the reporting team. That District VP will connect with the District VP of the team being reported as the issue may already be known. If the missing division(s) is not a known issue, this will be sent to the Vice President of Cheer for group review. If a team is found to have the division, but had no representation the day of the game, they will be assessed a \$150 forfeit fee.
6. **Warm up:** Cheer teams must warm up outside of the area designated for sideline cheer when it is not their game. There should only be one (1) Cheer team on the sidelines during the course of any game.
7. **Sideline Cheer:** Cheerleaders and Cheer coaches must always remain in the designated cheer area. Cheerleaders are not allowed on the sidelines or field area at any time other than the time of their squads' scheduled time. At no point during the game should a team pass the 10 yard-line on either end of the field. No more than three rows of cheerleaders are to be on the sideline.
8. **Badges:** Every, cheer coordinator, cheer coach (head, assistant and/or junior) listed on the roster should have a badge. As well as all team moms/dads. No badge will result in being removed from sideline.
9. **Half Time:** Each cheer team will have a maximum of five (5) minutes to perform their half-time routine. The routine should consist of a welcome cheer and MFFCC Unity cheer. The visiting team **must** be allowed to perform first, but the home team should send a coach and a two (2) team members to bring them across the field. Should there be a special event (i.e. Homecoming, Parent Day, etc.), the home Cheer Coordinator **must** communicate with the visiting Cheer Coordinator no later than the Thursday prior to the scheduled game to inform them of changes that may affect the regular operation of half time. Group pictures are not mandatory but MFFCC approved.
10. **Drinks and Snacks:** Water or Sports Drinks are the only beverages allowed in your team's coolers. Fresh fruit, fruit cups, fruit snacks and crackers are the only permissible food items allowed. All home teams reserve the right to inspect your cooler. Be sure to adhere to the following:
 - Your cooler should not exceed 60-quarts
 - 2 cooler max. for teams with < 15 athletes • 3 cooler max. for 15 > 30 • 4 cooler max. for 31+
 - Be prepared to provide gate staff w/ copy of roster. Only those listed will be allowed to bring in coolers
 - *It is the home team's responsibility to develop a system that monitors cooler tracking.*

11. **Sportsmanship:** All teams must shake hands after each game is completed in a sportsman-like manner or the head coach will be suspended for one game. Any improper conduct by a coach at a game site shall be grounds for suspension by the Federation Commissioner.

Mid-Florida Cheer-Off

Teams will be classified by skill level, division, and size. The number per team for each classification will be determined *after* all squads have submitted their declaration form. As a result of this, there is no set classification to reference. The conference will work to release this information at least 1 (one) month before competition.

Participants are to compete in the division they were certified in at the start of the season. The Executive Board or appointed Cheer panel reserves the right to review exceptions on a case by case basis.

- Level 1 – Beginner
- Level 2 – Intermediate/Advanced
- Level 3 – Elite (Not currently in use)

Flag can only compete in level 1

Mascots (3-year old): Two (2) mascots are allowed per league and are not required to participate in Cheer-Off; they can only be registered in the Flag Division. If they do participate in the Cheer-Off, they will be judged as a part of the routine. MFFCC discourages the use of Mascots for stunting.

Cheer-off Highlights

ATTENDANCE

All teams are required to attend the M.F.F.C.C. Cheer-off. NO EXCEPTIONS. Teams with certified rosters at the start of the season will be charged \$200.00 for every level that does not attend Cheer-off. The Play-off and Superbowl placement/advancement of their associated football team *may* be affected by the organization failing to send representation to Cheer-off. For further clarification or to address any concerns with this rule, please contact your District VP.

UNIFORMS

All Cheer squads are required to wear uniforms at Cheer-Off. A Cheer uniform consists of a shell top, cheer skirt, bloomers/briefs, and Cheer shoes. No mesh or see through midriff areas. Any additional accessories will be up to the league's discretion. **THIS RULE IS STRICTLY ENFORCED. All squads must adhere to this requirement or face disqualification.**

GAME REQUIREMENT

All cheerleaders are required to participate in a minimum of six (6) M.F.F.C.C. games to be eligible to compete at competition. Prior to competition, Cheer District VP's will conduct an additional book check. A 3rd book check *may* be conducted at Cheer-off. Please ensure you have an internet accessible device.

DECLARATION

The Declaration form is located under League Forms on the MFFCC website. Every Coordinator must submit a Declaration and updated roster before the deadline. The deadline will be advised at the September Conference meeting as well as via any communication channel in use for that season. (E.g. GroupMe, Email, etc.)

The Declaration is used to confirm how many athletes are competing on a level to determine how they should be classified (E.g. Level 1 – Medium, Level 2 – Small). Although no revisions will be accepted after the deadline, legitimate exceptions will be reviewed on a case by case basis.

COMPETITION ORDER

Competition order is determined by one of the methods below. Each organization will be advised of their team's placement in the September league meeting. Each level will perform in the order of the number assigned or selected.

- Random Number Generator: *Organizations will be assigned a number in the order they are listed on the MFFCC website. These numbers will be placed into a random number generated to determine the order.*
- Manual number draw: *Numbers will be thrown in a bin. Each organization will draw a number during the September league meeting to determine team placement. **The District VP will draw for any team(s) in their district that will not be present. Organizations can swap numbers with one another. A present organization reserves the right to swap numbers with an organization that is absent without their approval.***

Classifications will also play a part in the order that a team performs.

- If there are two (2) sets of judges, Level I, Level II and Level III (not in use) will all alternate to allow the competition to flow.
E.g. There are 5 Pee Wee Teams, 3 declared Level I, 2 declared Level II. The order will be PW Level I, Pee Wee Level II, Pee Wee Level I, Pee Wee II, Pee Wee Level I – In numerical order of the randomizer or draw.
- If there is only one (1) set of judges, all of Level I will perform in numerical order, then Level II, then Level III (not in use).

SPECIAL ACCOMMODATIONS

Disabled/Special Needs athletes will receive a small marker that will help judges easily identify them to score accordingly. Any athlete with a disability that is recognized by the law should be able to obtain an Individualized Education Plan (IEP). Proof of the IEP is to be submitted 2 weeks prior to competition. The head coach will receive the marker when they complete check-in at competition.

AWARDS

Placement Trophies/Awards

Every division and level will have a certain number of trophies awarded; not to exceed six (3).

Participation Awards

Every participant will receive a trinket for attending the M.F.F.C.C. Cheer-off.

Grand Champion

The Team with the highest score for that division, regardless of Level will be named Grand Champion for that division.

COMPETITION ESSENTIALS & MORE.....

Welcome Packet

Welcome packets will be sent via email within 2 to 4 weeks of the set competition date. The information will outline competition expectations, competition schedule, FAQs, etc.

Wristbands

Coordinators can pick up their welcome packet and wristbands on Friday evening at the host hotel. If the coordinator is unable to do so, they can retrieve the welcome packet and wristbands at the box office. They will need their coordinator's badge to receive the package. The coordinator or organization President can send an email to the applicable Cheer District VP to approve another party to retrieve the packet. This individual will also need their MFFCC badge for pick up.

Score Sheets

All score sheets and the deduction sheet will be pre-filled with your team's information for each division competing. Judges will already have these forms so there is no additional action needed beforehand from a Coordinator or Coach. Scoresheets will be available for pick up immediately following awards.

Score sheets may be segmented into concentrated areas for judges to critique (e.g. Dance, Cheer, Jumps/Tumbling) or all categories may be listed on one score sheet for judges to critique all categories. This will be reviewed annually to include the favored option for that season. Categories include, but are not limited to, the following:

- Dance
- Cheer
- Stunts
- Jumps
- Tumbling
- Choreography
- Overall Impression

Judges

The Cheer panel and Competition Board will work to ensure Judges receive our Cheer Rules and Regulations at least a month prior to Cheer-off. The Cheer panel will also appoint someone to meet with the Judges the day of the event and hour before the first performance to touch basis on important things to watch for.

ALL SCORES AND COMMENTS ARE FINAL.

Although the MFFCC Cheer panel will work to ensure all judges are knowledgeable of *our* cheer rules, coordinators, coaches, parents, etc. must be understanding of the fact that errors *may* occur. We have developed a system that should catch most errors.

If time permits, we will ask the Head Judge to stay for no more than an hour after the awards ceremony has concluded to answer questions about judges' scoring and comments. The intent of these sessions will be to help teams develop and obtain clarity. Only Coordinators will be permitted, and the sessions will be limited to 5 minutes to ensure all teams are able to have their questions/concerns addressed. Coaches and Coordinators should understand that the Head Judge will not be able to explain every judge's score or comment.

Checkpoints

Each of the below checkpoints are, *generally*, apart of the competition line up.

Check-In

Each team is required to check-in the applicable division at the appropriate time. A late check-in *could* result in a 2-point deduction for every 5 minutes past the original check-in time.

Pictures

Every team will have a 5 to 10-minute time slot to take team pictures if this service is offered at the event. Mid-Florida will work with the hired photography vendor to forward pricing information and order forms in advance for those interested in placing orders.

Warm-up

Every team will have 5 minutes to warm-up. There will be 10 minutes slated for this session on the schedule. The additional 5 minutes is used for holding prior to or after warm-ups. MFFCC Staff will monitor time.

Line-Up

Teams will hold in line-up until the earliest of either option occurs:

- Their designated time to perform
- The next available timeframe closest to when they are scheduled to perform

*Coaches will be directed to complete music check while holding in Line-up: music must be on a flash drive.

Additional Call Outs

1. Cheer and Dance routines are to be choreographed to the discretion of the coach. Mid-Florida encourages all coaches to utilize the available resources (YouTube, Instagram feeds, cheer sites, etc.) to obtain ideas to integrate into their routine. All routines must be an original creation. Using exact routines from a professional video and/or choreographer that has not been hired for that team solely is prohibited and could result in disqualification.
2. No participant should have on jewelry when performing. Accessories are also limited. Please connect with your District VP if you have additional questions surrounding this rule.
3. Spirited introductions and after performance spirit are encouraged. The timer will start with the first motion, word or music introduction after the team is set. The same will be observed to determine when a routine has ended.
4. There will be a clearly marked cheer zone or 42' x 54' mat. A 2-point deduction will be taken off each time your participants step outside (out of bounds) the box while performing the routine.
5. **Tiebreaker:** All ties will be broken by assessing the scores, in the order listed below. Whichever team has the highest score in the category will be announced the winner for that division.
 - Overall Execution/Impression
 - Deductions (whichever group has the highest deductions will receive 2nd place)
 - Totaled score of stunting, jumps and tumbling

All squads and coaches must show good sportsmanship and conduct. Conduct of athletes, who determined to be un-sportsmanlike or detrimental to the cheerleader's opportunity to cheer or to the Conference or a member thereof, may subject their team to disciplinary action. There will be a two (2) point deduction for each offense. Such conduct by athletes, before or after, or during the event, may also subject their organization to disciplinary action by the Conference. M.F.F.C.C. Trustees and their organization are responsible for controlling the conduct of spectators and athletes and have the authority to request the departure from the premises of any individual whose conduct is detrimental to peace and good order. Continued misconduct will result in a disqualification of the squad.

Superbowl Performances: The team with the highest score in the division, regardless of level, will be invited to perform during the half-time of their divisions Superbowl. If the invitation is declined the 2nd highest, then 3rd highest scoring team (if applicable) will be extended the invitation. If all parties have declined, any team in that division will have an opportunity to perform at Superbowl. If there are multiple teams who have expressed interest within a division, we will put their team names into a system generator to determine the winner of the draw.

SKILL LEVEL CLASSIFICATIONS

		Additional Info
Cheer Requirements	<p>Minimum: 30 seconds</p> <ul style="list-style-type: none"> No conference affiliated team name/mascot should be used in cheer No inappropriate movements 	<p>Spotters are available upon request but will not take the floor unless requested. No one other than the elected spotters and the participants can be on the mat while a team is performing.</p>
Music Requirements	<p>Minimum: 1 minute Music can be segmented as long as sections total a minute</p> <ul style="list-style-type: none"> No inappropriate lyrics or content 	<p>All teams are required to perform in a uniform. Several variations of a uniform exist. Connect with your VP to ensure your team complies.</p>
Overall Routine Expectations	<p>A combination of transitions, jump sequences, stunting, tumbling, cheer, and dance</p> <p>Crowd engagement is encouraged, but not required</p> <p>Routine should not exceed 2 minutes and 30 seconds</p> <p>Props are limited to: Poms, Signs, Megaphones and Flags. Connect with your VP for questions regarding other props</p>	<p>Flag is the only level that allows for coaches to assist their team with setting up props, motion demonstration and/or the initial formation</p> <ul style="list-style-type: none"> Coaches/Staff cannot be on performing surface during performance Coaches/Staff must kneel or be in seated position and at least 3 ft. from performance surface and 3 ft from the judges' area. Limited to 2 coaches/staff members
Unforeseen Circumstances	<p>If a music interruption occurs, be it an error on the coach's or DJ's end, the team can restart the portion of their routine associated with the music. If the team has executed at least 20 seconds with music, all judging marks up to that point will remain and new judging marks will be made from the 20 second marker on.</p>	<p>Music must be available in two forms: CD Thumb Drive Mobile Device</p> <p><i>If using mobile device; It is your responsibility to make sure the necessary porting/connectivity equipment is accessible for the DJ</i></p>
Music	<p>If the team continues without music, they will not be granted an opportunity to perform at a later time unless permitted by the Cheer VP and judging panel. The head coach must signal the participants to stop within 15 seconds of the music interruption.</p>	
Injury	<p>If a participant is injured while performing, that team will be allowed to stop and perform at a later time.</p> <p>If a participant is injured within 1-hour of your team's check-in time, the head coach must notify their VP who will then notify the applicable parties. That team will be given an option to compete at their regularly scheduled time or at the end of the division following.</p>	

**example depicted below by number associated w/ rule*

Highlights are highly prohibited

LEVEL I

Flag to follow all Level I Rules

LEVEL II

FLAG TEAMS CANNOT ENTER LEVEL

Tumbling

All non-airborne tumbling is permissible: Contact to performing surface must be maintained throughout tumble

Permissible backwards tumbling: Back rolls, back kickovers and back walkovers

Series connection limited to one (1)

Standing backwards tumbling is limited to skill levels equivalent to back tuck and under (see examples below) – can be performed in series

There are no restrictions on running tumbling, but the skill must be performed safely, or deductions will be assessed.

Tumbling Examples

Forward/Backward Rolls

Cartwheel, Round-ff

Front/Back Walkover

Front-handsprings are prohibited

Standing

Front/Back-handspring

Back-Tuck

Aerial

1. Cartwheel-Round-off, Front Walkover-Round-off (not limited to examples displayed)

Tumbling Deductions

Executing illegal tumble results in a 2 to 5-point deduction. See Deduction Sheet for specific details.

Executing illegal tumble results in a 5-point deduction. See Deduction Sheet for specific details.

Stunt Skills

No stunt should exceed Prep Level unless braced by another stunt group at prep level (see pyramids) **Show and go's are permissible.**

- At least one base **and** a spot are required at prep level

Contact with both top person's feet must be maintained at all times when the stunt is above prep level. (No one-legged extensions)

- No rotations or twisting skills should be executed
- **NO RELEASE MOVES**
- **NO INVERSIONS**

- At least one base or Back Spot must maintain contact with top person throughout transition(s) unless exception specified
- Release moves are permissible for PW, Jr., and Sr. Divisions only (See single stunt groups)
- **All Inversions on PW, Jr. and Sr. level require at least one brace. The brace can be a base or back-spot as long as the group consists of 2 bases and a back-spot**
- **MM INVERSIONS** require a dual brace.

Flyers cannot pass over, under or through other stunt groups.

Flyers cannot pass over, under or through other stunt groups.

Loading

- Top person can step in or jump into loading position
- No twisting skill can be executed
- **Props cannot be used in stunt**

- MM and PW - Limited to one rotation
- Jr. and Sr. – Limited to double rotation
- All tumbling skills require landing with one foot on performance surface before loading into stunt
- **Props cannot be used in stunt.**

Dismounting

- Straight cradles ONLY
- No inverted dismounts
- Cannot cradle from Full
- **Props cannot be used in dismount**

- Rotation restrictions are the same as loading
- Suspended Rolls must land in a position where the top person does not land on performing surface.
- No twisting skill can be executed in adismount that is accompanied with a forward or backwards rotation
- **Props cannot be used in dismount**

<p>Loading Examples</p>	<p>Step in Jump In</p>	<p>Half/Full/Double Up Pop up cradles</p> <p>Examples under Level 1</p> <p>Half/Full/Double Down Suspended Rolls Pancake Examples under Level 1</p>
<p>Dismounting Examples</p>	<p>Walk Down Bump Down Straight-ride cradle</p>	<p>BASKET TOSSES ARE PROHIBITED</p> <ul style="list-style-type: none"> Stunts at prep level cannot travel once built Traveling is permissible while in loading position: squish or bump down position 1-legged stunts are permissible at prep level and below <p>Basket Tosses:</p> <ul style="list-style-type: none"> NO FLIPPING 2 bases and a back-spot are required
<p>Single Stunt Groups</p>	<p>BASKET TOSSES ARE PROHIBITED</p> <ul style="list-style-type: none"> Stunts at prep level cannot travel once built Traveling is permissible while in loading position: squish or bump down position 1-legged stunts are permissible at prep level and below 	<ul style="list-style-type: none"> V-sit (teddy bear) extensions require a back spot used for spotting purposes ONLY. Release moves can only be executed in stunt groups with 2 bases and a back-spot. The top person must be released at waist level (or below), caught at prep level (or below) and return to original bases <p>Basket Tosses:</p> <ul style="list-style-type: none"> NO FLIPPING 2 bases and a back-spot are required
<p>Pyramids</p>	<ul style="list-style-type: none"> Stunts can exceed prep level if braced by another stunt group at prep level Brace/connection must be made immediately once extended, but not during/after transition Brace/connection must be disconnected before flyers are dismounted to performance surface 	<ul style="list-style-type: none"> Top person cannot hold majority of weight while being used as a brace A top person cannot be used as a base Brace/connection must be disconnected before flyers are dismounted to performance surface
<p>Stunt Examples</p>	<p>Shoulder Sit Thigh stand Prep V-sit (teddy bear) at prep level Thigh stand-shoulder sit-prep connection</p>	<p>Full/Extension Liberty, Heel Stretch, Arabesque, Needle, Scorpion, Hitch (not limited to examples) Tic-Tocks (No twisting skill allowed) Leap Frog Barrel Roll – Contact does not have to be made while executed</p>
<p>Stunting Deductions</p>	<p>Deductions will be assessed for safety violations at the discretion of the head judge.</p> <p>Bobbles may or may not result in a safety deduction but could ultimately affect the overall score.</p>	<p>Deductions will be assessed for safety violations at the discretion of the head judge.</p> <p>Bobbles may or may not result in a safety deduction but could ultimately affect the overall score.</p>

Safety Guidelines

The American Association of Cheerleading Coaches and Administrators (AACCA) have given safety rules. A safe program has direct adult supervision, proper conditioning, skills training, and warm-up exercises. These are some general guidelines for high school cheerleaders from the AACCA:

- A qualified and knowledgeable adviser or coach must be on hand.
- Practice sessions should be supervised. They should be held in a safe and fitting place.
- Individual and squad ability levels should be recognized. Stunts should be planned and done that are right for those levels.
- Participants should have good training in cheerleading gymnastics.
- Mandatory professional training in proper spotting methods must be held.
- Participants should take part in a complete conditioning and strength-building program.
- No jewelry should be worn.
- Structured stretching exercise and flexibility and warm-up routines should be held before and after practice sessions, game activities, and pep rallies.
- Only the right surfaces should be used for tumbling, partner stunts, pyramids, and jumps.
- Cheerleaders' skills should be evaluated based on accepted teaching standards. Proper spotting should be used until all performers show that they have mastered the skills.
- Hard and unbending supports or rough edges or surfaces must be properly covered.
- Athletic shoes, not gymnastic slippers, must be worn.
- Props, like signs, should be made of solid material with no sharp edges or corners. All signs should be gently tossed or kept under control.

Cheer-Off Positions

Calculators: Calculators will review score sheet for completion (missing scores and consistency), if any are incomplete, they are to be sent back to the judge. Each calculator will add each sheet and document the total they receive at the bottom of the sheet along with their initials and pass it to the other calculator to complete the same. Forward all score sheets to the Documenter for documentation.

Check In: Check-In will check in each squad as scheduled, make documentation on the Declaration form, check and document any uniform violations. Have the Head Coach fill out a Score Sheet, enough for each judge (3), and a Deductions sheet for their squad and forward them to the judges table via the Runner.

Deductions: Those deducting will be selected by the M.F.F.C.C Cheer Coordinator. Those deducting will sit on a corner observing for out of bounds violations, inappropriate moves, and guideline violations. Forward all deduction sheets to the Documenter for documentation.

Documenter: The Documenter will review the score sheet for completion; log each judge's total score. Subtotal scores for each squad, document and deduct any penalty points. Document the final score then return all forms, after each division completion to the M.F.F.C.C Cheer Coordinator.

Judges: Judges used for scoring will be Certified Cheer Judges. Three each will be assigned to judge the divisions for competition.

Monitors: Monitors will monitor the schedule line at the warm-up/practice location, performance line up and performance entry to keep the line flowing as scheduled.

Runner: The runner will be responsible for picking up the filled-out score sheets from the Check-in table and taking them to the judges table, picking up completed score sheets and taking them to the Calculators, picking up the calculated sheets and taking them to the Documenter for documentation. Once all forms are completed, they will be given to the M.F.F.C.C Cheer Coordinator for review.

Timer: The Timer will time each teams' cheer and dance segments and the entire routine time. At the end of each division's performance the Time Sheet will be forward to the Documenter for documentation of any violations.

Cheer-off Judging Scale

CHEER

Range of Scores

Skill

1 - 3 points

Basic-Beginner motions, executed at a slow pace, low level of technique, minimal variety of motions

4 - 7 points

Intermediate motions, average pace, average to good level of technique and variety, moderate variety of motions, majority of members together

8 - 10 points

Advance motions, fast pace, strong level of technique, difficult strong use of motions, sharp and precise motions, majority of members together

JUMPS AND TUMBLING

Range of Scores

Skill

1 - 3 points

Basic-Beginner jumps and/or tumbling skills, executed with low level of technique, minimal variety (examples: spread eagle, tuck, forward rolls, cartwheels, handstand)

4 - 7 points

Intermediate jumps and/or tumbling skills, executed with sub-standard techniques and perfection, moderate variety, and height (examples: toe touches, herkies, hurdlers, combinations performed with prep in between, front, and back walkovers, round-offs)

8 - 10 points

Advance jumps and/or tumbling skills, executed with high level of techniques and perfection, strong execution, variety and height (examples: pikes, double nines, combinations performed with no prep in between, round-off back tuck, standing back tucks, front handsprings, multiple in a series)

STUNTS AND PYRAMIDS

Range of Scores

Skill (single (1) performers cannot be scored in this category)

1 - 3 points

Basic-Beginners stunts and/or pyramids, executed at prep level or below, 1 1/2 high (examples: pony/mount sit, L or V sit, double base thigh stand)

4 - 7 points

Intermediate stunts and/or pyramids, executed at prep level, 1 1/2 high (examples: shoulder sit, prep level straddle sit, single or double based thigh stand (liberty, heal stretch, bow and arrow), basic basket toss, straight pop down dismounts and basic straight cradles, bases stationary at all times)

8 - 10 points	Advance stunts and/or pyramids, executed at prep level (combinations) or full extension 2 - 2 1/2 high, basket tosses (including a gymnastic move or other motion), liberties, arabesque, awesome, chair (any variation), show and go (any variation),
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DANCE

(Dance Portion of Cheer Routine only; See Dance Rules & Guidelines for Dance Teams)

Range of Scores	Skill
1 - 3 points	Basic motions/ dance preformed at a slow pace and or executed with poor technique.
4 - 7 points	Intermediate motions / dance preformed with good technique.
8 - 10 points	Advanced motions/ dance performed with strong technique.

SPIRIT/ EXPRESSION/PROJECTION

Range of Score	Skill
1 - 3 points	Minimal smiles, little or no spirit (appealing to the audience), little or no facial expressions, soft voice.
4 - 7 points	Enthusiasm, majority of smiles, some spirit (appealing to the audience), majority of member's continuous facial expressions, average voice.
8 - 10 points	High energy, full squad participation in spirit, facial expressions, and loud strong projected voices.

FORMATIONS/ SPACING/USE OF FLOOR

Range of Score	Skill (single (1) performers cannot be scored in this category)
1 - 3 points	Formations not aligned, spacing uneven between girls, little or no formation changes or variety. Floor placement poor (hard for visual effect).
4 - 7 points	Majority of formations aligned, spacing average between girls, some formation changes, and some variety. Floor placement average (acceptable visual effect).
8 - 10 points	Formations aligned, spacing even, creative formation changes and variety. Above average floor placement (great visual effect).

TRANSITIONS/ FLOW OF ROUTINE

Range of Score	Skill
1 - 3 points	Poor transition/flow from one segment to the next.

4 - 7 points	Average transition/flow from one segment to the next.
8 - 10 points	Advance transition/flow from one segment to the next.

CREATIVITY OF CHOREOGRAPHY/MUSIC

Range of Score	Skill
1 - 3 points	Little or no variety of moves, choreography poor or not music based.
4 - 7 points	Average variety of moves, choreography average and relates to music.
8 - 10 points	Great variety of moves, advanced choreography that compliments music.

OVERALL EXECUTION/IMPRESSION

Range of Score	Skill
1 - 3 points	Poor execution of routine, several mistakes, and bobbles. Boring, no variety, repetitive.
4 - 7 points	Average execution of routine, some mistakes, some variety.
8 - 10 points	Advance execution of routine. Exciting, flashy routine, great variety, impressive.

TEAM PRECISION

Range of Score	Skill (single (1) performers cannot be scored in this category)
1 - 3 points	Poor execution of moves, motions, and timing, not together or precise. Basic moves and motions.
4 - 7 points	Average execution of moves, motions and timing, majority of members together and precise. Intermediate moves and motions.
8 - 10 points	Above average execution of moves, motions, and timing. All members together and precise. Advanced moves and motions.

Glossary

Airborne/Aerial: To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Assisted-Flipping Mount: An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See “Suspended Flip”, “Braced Flip”)

Assisted Tumbling: Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented “stunts”.

Awesome: An extended stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie."

Back Handspring: The gymnast throws him/herself into a back flip and uses her hands to continue the rotation and end on his/her feet.

Back Spot: The person in the back of stunt mainly responsible for protecting the head and shoulder area of a top person. Required for all cradle dismounts.

Back Tuck: A back flip where the gymnast tucks up into a ball to have a faster reversespin and land on his/her feet.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands contacting the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.

Barrel Roll: See “Log Roll”.

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds lifts or tosses a top person into a stunt. (New bases – bases previously not in direct contact with the top person of a stunts)

Basket Toss: A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

Bench: A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer at chest level using only arms.

Bench Cheer: A cheer performed from the designated cheering area during a game. Generally used to get the crowd going or encourage the team playing.

Block: A gymnastic term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Bracer: A top person that provides stability for another top person.

Braced Flip: A pyramid in which a top person performs a hip-over-head rotation while in constant physical contact with a bracer (another top person).

Cartwheel: A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: One of the persons responsible for the safe landing of a top person during a stunt.

Chair: A flyer sits in the bases extend hand.

Connected Tumbling: Physical contact between two or more individuals performing tumbling skills simultaneously. These are prohibited.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Cupie: See "Awesome."

Dirty Bird (D-Bird): Toss to a laid-out X-position to the back of the base, through the base's legs and typically transitioning to a scooper. These are prohibited.

Dismount: The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Double-Leg Stunt: See "Stunt".

Downward Inversion: A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.

Downward Motion: The movement of one's center of gravity towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop. These are all prohibited.

Elevator/Sponge Toss: A stunt in which the top person loads into an elevator/sponge loading position and is then tossed into the air.

Eighteen Inches above Extended Arm Level: The maximum distance allowed between the highest points of a base's extended arm and the lowest point of a top person's body during a release move.

Entrance Skill: The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level: The distance from the performing surface to the highest point of a base's arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Position: A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Single-Leg Stunt: An extended stunt where the top person has primary weight on one leg.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms, and straddle lifts. These are stunts where the bases arms are extended overhead but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Extension (or Full): A mount with two bases, a spotter, and a flyer where the two bases hold up the flyer and their arms are fully extended.

Extension Prep or Prep (or Half): When the top person is being held at shoulder level by the base(s).

Flat Back: A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

Flip: An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flick: A stunt where a base or spotter grabs the flyers waists and pulls/pushes them up into the air. Essential for partner stunt routines

Flipping Toss: A toss where the top person rotates through an inverted position.

Flyer: See "Top Person".

Forward Roll: A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free-Flipping Mount: Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

Front Flip: A complete rotation with the body extended and hands are not used.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Spot: A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also known as "fourth base".)

Front Tuck: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as "punch front".)

Front Walkover: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full-Up Toe Touch: A non-flipping skill (typically performed in a dismount or toss) in which one performs a 360 degree turn before executing a toe touch. These are prohibited.

Ground Level: To be at the height of or supported by the performing surface.

Half: See "Extension Prep".

Hand/Arm Connection: The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring: Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. Hanging pyramids must remain upright.

Helicopter Toss: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases. These are prohibited.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the top person's shoulders are below her/his waist and at least one foot is above her/his waist. Arch-back dismounts to a cradle are not considered inverted.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump In: Where the flyer loads in with a jump and no bounce.

Kick Arch: Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full: Skill, typically in a toss that involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists. These are prohibited.

Kick Full: Skill, typically in a toss that involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: Dropping to the knees, seat, thigh, or splits from an airborne position without first bearing most of the weight on the hands or feet. These are all prohibited.

Layout: A stretched body position, straight, hollow, or slightly arched

Layout Step Out: Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

Load In: Where the flyer steps into the bases hands to go up into a mount.

Leap Frog: A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

Loading Position: A position in which the top person is off the ground in continual movement that puts the bases and top in a position to end the movement in a stunt.

Log Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. Also known as "barrel roll".

Mount: See "Stunt".

Multi-based Stunt: A stunt having 2 or more bases not including the back spot.

New Base(s): Bases previously not in direct contact with the top person of a stunts

Non-Inverted Position: The body is upright. The top person's shoulders are at or above the waist.

One half (1/2) Twist Toe Touch: A non-flipping skill in which one performs a 180° twist before executing a toe touch.

Onodi: Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Paper Dolls: Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Partner: See "Top Person".

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled pushing motion upward by a base(s) to increase the height of the top person or to release the top person to a cradle catch or dismount directly to cheering surface.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prep: See "Extension Prep".

Prep-Level: The height of the bases' hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flat backs, arm-n-arms, andstraddle lifts will be considered prep level stunts.

Primary Support: Supporting most of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated or used as a base.

Punch: See "Rebound".

Pyramid: A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.

Rebound: A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch."

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts, and spotters.

Release Move: When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. A single base toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation applies to "stunts" only, not "pyramids."

Reload: Returning to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Rewind: A free-flipping release move used as an entrance skill into a stunt.

Round Off: The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off handspring, etc., used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scooper: An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base). These are prohibited.

Scrunch Toss: See "Sponge Toss".

Second Level: Any person being supported away from the performing surface by one or more bases.

Second Level Leap Frog: See "Leap Frog". These are prohibited.

Series Front and/or Back Handsprings: Multiple front and/or back handsprings performed consecutively by an individual.

Show and Go: A continuous stunt where a stunt passes through to an extended level and lands into a loading position or non-extended stunt.

Shoulder Stand Level: A stunt in which the top person stands on the shoulders of a base(s) or when the hips of the top person are at the same height they would be if in a shoulder stand.

Shushunova: A straddle jump (toe touch) landing in a prone support (push up position)

Single-Based Split Catch: A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Mount: Where the bases hold the flyer in a bench position and drop him/her into a midair split.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

Spotted Tumbling: See "Assisted Tumbling".

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted. Back Spotter is required for each extended stunt. (See definition of "Back Spot" above)
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- Cannot have both hands directly supporting under the sole of the top person's foot/feet. A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person's legs (ankles) or does not have to touch the stunt at all.
- All "Spotters" must be your own team's members and be trained in proper spotting techniques.
- Spotters may also be counted as a base in some cases (e.g. transitional stunts).

Squishy (Toss): See "Sponge Toss".

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight-line position that teaches the top to reach and to obtain maximum height on toss.

Stunt/Partner Stunt: One or more persons supporting one or more person off the ground. A stunt is determined to be "Single" or "Double" leg by the number of legs that the top person has being primarily supported by a base(s).

Suspended Flip/Roll: A skill in which a person in contact with bases or post performs a foot-over-head rotation.

Sweep: A controlled pushing motion forward by a base(s) to release a top person to a cradle catch.

Switch Liberty: A stunt, in which the top person begins with one foot on the performing surface, is released from the bases, and lands in a stunt on the other foot.

Table Top: A stunt in which the partner is standing on the back of a base(s) that is leaning forward.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. These are prohibited.

Thigh Stand: Where two bases hold a flyer at their waists using one leg and hands.

Three Quarter (3/4) Front Flip: A forward hip-over-head rotation from an upright position to a cradle position. These are prohibited.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.

Toe/Leg Pitch: A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Top Person: The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner."

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Torch: A stunt position in which top person is standing on one foot with the lower part of her body turned to one side while the upper part of top person's body remains turned to the front (performed at shoulder level).

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss) Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Transitional Pyramid: A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person. These are prohibited.

Transitional Stunt: Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt. These are prohibited

Traveling Toss: A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. These are prohibited.

Tuck: When the flyer tucks up into a ball and sharply and quickly flattens out into an extended position, it looks like an opening up. Generally used in tuck cradles or basket tosses.

Tuck Arch: Similar to kick arch, except instead of kick it is an arch out of a tuck position.

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling: Any gymnastic or acrobatic skill executed on the performing surface.

Twist: Rotation around the body's vertical axis while airborne, these are limited to 1 ½ rotation.

Twisting Mount: Mounts that begin with a twisting motion of the top person within the vertical axis (can be as few as 1/4 twist up to 2 twisting rotations) that end up either a) in a prep level stunt, b) in a loading position prior to the execution of a stunt, or c) in a fully extended stunt.

Twisting Toss: Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body

Two – High Pyramid: All top persons must be primarily supported by a base(s) that is in direct weight-bearing contact with the performing surface.

Two & One Half (2-1/2) High Pyramid: Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths.

Two-Leg Extended Stunt: Extended stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

Walkover: A non-aerial acrobatics skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

Wolf Wall Transition: Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top person's (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level. These are prohibited.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.